



Salad with Crispy Spiced Chickpeas, Roasted Onions & Honey-Mustard Vinaigrette

Chickpeas & Salad Ingredients:

1 t. smoked paprika
1 t. sugar
½ t. ground cumin
½ t. salt
¼ t. cayenne pepper
1 – 15 oz. can chickpeas
¾ cup oil (vegetable, avocado, etc.)
1 red onion
6 oz. spinach and/or mesclun mix

Vinaigrette:

1 ½ T. apple cider vinegar
1 T. whole grain mustard
2 t. honey
1 ½ t. grated lemon zest
¾ t. mayonnaise
¼ t. salt
¼ cup extra-virgin olive oil

For the chickpeas: Rinse and drain the chickpeas well, and lay out on a towel-lined sheet pan to dry completely. Combine paprika, sugar, cumin, 1/2 t. salt and cayenne in a medium bowl; set aside. Heat ¾ cup oil in a large Dutch oven over med-high heat until just smoking. Add chickpeas, cover with a splatter screen (or partially cover with a lid, to prevent splattering) and cook, stirring occasionally, until deep golden brown and crispy, 10-15 minutes. Transfer chickpeas to paper-towel lined tray to drain for a minute. Toss chickpeas in the bowl with spices. If desired, crush about half of chickpeas into coarse crumbs with a fork.

For onions: While chickpeas are cooking, preheat the broiler, or oven to 475. Halve and then slice the onion about ½” thick. Toss onion with a little olive oil, salt and pepper and spread over a foil-lined baking sheet (if broiling). Roast/broil onions, checking often, until edges are charred, stirring halfway through.

For vinaigrette: Whisk vinegar, mustard, honey, lemon zest, mayonnaise and salt together in a bowl. Whisking constantly, drizzle in oil. Put mesclun/spinach in a large bowl, and toss greens with vinaigrette. Lay greens out on a platter/plate, and top with chickpeas and onions.

Serves 4-6.

Recipe from *Cook's Illustrated*.

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.